



Safety Topic of the Month

**Driving, Walking, and Cycling
Safety Tips!**

**Richmond Refinery
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Whether You are Driving, Riding or Walking – Arrive Safely 24-7



This Safety Topic of the month was developed to review transportation safety hazards we encounter during our commute, while at work, and off the job.

We'll also highlight ways that we can identify and reduce the hazards that we do encounter.



Driving Safely – Facts to keep you focused on the road!



Operating a vehicle safely is dependent on the condition of the driver, vehicle, road and traffic.

The National Highway Traffic Safety Administration says we are three times more likely to be in a fatal crash at night than during the day.

Research suggests that 25% of all auto accidents are distraction-related.

In 2004, of the 6.5 million motor vehicle crashes reported, at least 1.6 million of them were found to be related to distracted drivers.



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How Do Driving Distractions Affect Driving Ability?



- Drivers react more slowly.
- Drivers often fail to recognize potential hazards.
- Drivers reduce their "margin of safety".
- Examples of distractions are:
 - ✓ rubbernecking,
 - ✓ adjusting the radio,
 - ✓ attending to children,
 - ✓ talking to a passenger,
 - ✓ eating and drinking,
 - ✓ reacting to conditions outside the car, and
 - ✓ using a cell phone.





In the winter months we drive more at night. A safe driver will:

- Allow more time to get to work and slowly drive through parking areas.
- Never use cell phones while driving.
- Perform a weekly vehicle inspection (lights, tire inflation, horns, etc)
- Turn on headlights on as soon as it gets dim and whenever you are required to use your windshield wipers.
- Leave an extra cushion of space around the vehicle at night to allow for more reaction time for his/ herself and other drivers (Statistics show that one in 13 drivers is drunk in the morning hours – give others plenty of space to maneuver).
- Pull far off the road when car trouble strikes.
- Brake to avoid a crash rather than swerve.
- Drive slowly and honk if an animal is seen (Collisions with wildlife can be fatal for motorists, animals are more active at dawn and dusk).



Entering and exiting a vehicle safely

When getting out of a car, first open the door completely, then swing the legs out to the side - pivoting on the buttocks so the entire body moves as a unit. Do not twist the low back. Place one hand on the seat and the other hand on the car frame. In a van, place hand on the handle available at the sliding door.

Next, in a car, scoot forward and place feet under the hips, lean forward, and push with one hand while pulling with the other hand, and use the leg muscles to come up to a standing position. To sit down, reverse the procedure.

Watch your footing as you step from a van. Allow time for everyone to exit and enter the van safely.

Bicycle Safety – Bicycles are subject to the same rules and regulations as any other vehicle on the road. Except freeways, bicycles have the right to travel on any roadway.



The keys to safe cycling include being predictable, visible, and communicating your intentions to motorists. Plus,

- Inspect your bike for tire inflation, corroded seat posts and nuts and bolts, chains.
- Adjust your seat to the proper height.
- Be sure the handlebars are secure.
- Check to ensure the brakes are functioning.
- Pick the safest route to your destination. Choose the safest road/ path conditions with the presence of adequate lighting, and the absence of obstacles that may interfere with smooth operation.



Pedestrian Safety – Slip, Trip and Fall Prevention



- Be aware of your surroundings.
- Slow Down. Assess the work site for changes – Don't become complacent.
- If something is creating a potential slip, trip, & fall hazard – fix it or write a work order... don't leave a trap!
- Place signs to warn others of potential hazards.
- Keep obstructions out of walkways, including cables, tapes, pallets, cords, and trash.
- Keep doors and drawers closed.
- Floor coverings should be secure and free of tripping hazard.



Pedestrian Safety – Slip, Trip and Fall prevention continued

- Walk at a safe speed – this isn't the Olympics you know!
- Make sure your clothing and footwear won't trip you. It should fit well and have low heels, and shoes should be in good repair.
- Be sure you can see over and around any package your carrying, and that it allows you to hold handrails!
- When walking on slippery surfaces go slowly and take small steps.
- Wear shoes or boots with non-slip soles.
- Watch your footing as you enter and exit a vehicle, that includes the TAXI!
- Winter weather calls for extra caution when working at heights. Make sure surfaces such as ladder rungs and scaffold decks are free of ice, snow and slippery MUD.



Do a LPSA (self assessment) whenever conditions change



Now that we're in our third week of sharing our experiences with using the LPSA tool. What have you learned?

Are you using the LPSA tool all day, every day? Is it a habit?

Has using the tool helped you to be safer? In what way?

Are you more aware of using the LPSA tool when conditions change?

How much of a change in conditions warrants another LPSA?

Do you have everything you need to do your job safely? If not, how will you address that need?